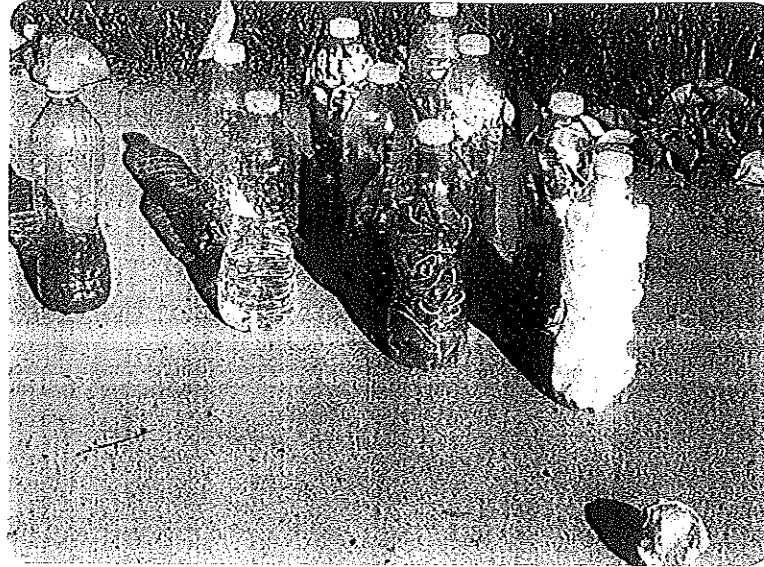


# BOWLING



**Making the Bowling set incorporates and utilizes:** dexterity (filling the bottles), hand-eye coordination

**Playing Bowling utilizes:** coordination, gross motor skills, healthy competition skills, problem solving, social interaction, spatial relations, strategy development, summation, turn taking

## Supplies:

- 10 16-oz (473.2-mL) plastic water bottles
- Sand, small pebbles, grass, crumpled junk mail, water, etc. (enough to fill the bottles)
- Newspaper
- Roll of painter's or masking tape

## To Make:

### *Bowling ball*

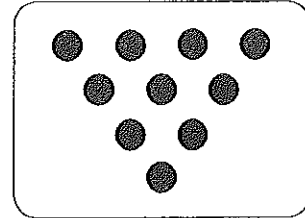
- Make a sphere that is 3 inches (7.6 cm) in diameter by wadding up newspaper and wrapping it with painter's or masking tape. Take extra care to make sure the surface is nice and round, without a lot of bumps.

## Bowling pins

- In an area that can get dirty—outside, for example—put materials, such as sand, small pebbles, grass, junk mail, water, etc. into the water bottles. Each bottle should only contain one type of material, but the bottles do not have to be completely full. One way to easily get sand or dirt into a bottle is to make a temporary funnel out of a piece of paper. Roll the paper lengthwise into a tube and then begin to roll it tighter at one end. It will naturally form a funnel. Insert the small end into the top of the bottle and let it unfurl. Slowly add the sand or dirt into the top of the funnel.

## To Play:

- Now choose a space to set up the alley and, at one end of the lane, place the 10 pins in a triangle as follows:
- Follow the regular rules of bowling.



## Suggestions:

- Use balls of different sizes and weights (e.g., bouncy rubber balls, soccer balls, or golf balls).
- Make and use a ball out of an old T-shirt or socks.
- Place number values on each pin, from 1 to 10. Players must then add the numbers on pins they knock down to get their score.
- Using the number values on each pin, each player starts with a score of 55 and subtracts the number he or she knocks down. In this case, the lowest score wins.
- Other numbers may be used following the above directions. For example, using pins numbered 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50 and playing such that lowest score wins, each player would start with a total of 275 and subtract the values on the pins he or she knocks down.

## Variation:

1. Play a tabletop version in which a smaller tape ball is used. Pins are made out of cleaned travel-size toiletry bottles (shampoo, conditioner, lotion, soap, etc.). Fillers can be made from the materials listed above, though substitute rocks with small pebbles, such as clean aquarium gravel. The entire game can be contained in a shoebox. Simply remove the lid of the box and cut a door into one of the short sides: Starting from the top open end, make two even cuts down to the bottom. Do not cut this door out on the bottom; rather, leave it attached and bend it down toward the outside of the box. This will be the starting point when playing. When the game is over, the door can be folded back up and held in place by the shoebox lid, keeping the pins and ball inside.